

# EPCC NEWS

JC Accredited  
Volume 08, Issue 2  
April 2008

www.epcckids.com  
**Evansville Psychiatric Children's Center**  
*"Shaping Kids' Lives"*

## Psychoeducational Treatment Model Coming to EPCC

The Psychoeducational Model of Care (PEM) is a nationally recognized model of care that is used in inpatient and outpatient child and adolescent psychiatric hospitals, residential treatment centers, day treatment programs, and other facilities that care for youth with psychiatric and related behavioral disorders.

The model involves daily ongoing teaching with specific social skill instruction and reinforcement. Key elements of the program include: teaching skills, building health relationships, creating a positive living environment, promoting personal development of the whole person and promoting self determination and governance.

The benefits it brings to the program are –

1) Provides a structured framework to help staff:

- Teach youth to manage their behavior
- Reinforce appropriate behavior
- Correct inappropriate behavior
- Cope with crisis calmly and consistently

2) Empowers youth by enabling them to –

- Monitor their own thoughts, feelings and behaviors
- Control their impulses
- Delay gratification
- Empathize and build relationships

PEM is a social learning approach focusing on teaching social, academic, independent living and self control skills. The program has an emphasis on catching children being good and reinforcing their strengths but teaching them replacement behavior when problem behaviors occur.

The program should increase the ability to be consistent in the treatment model from shift to shift and discipline to discipline so the child knows what is expected.

Boy's Town in Nebraska is training the staff in this model. The training coordinators were here to have a program implementation planning meeting with the EPCC Performance Improvement Team on March 17-19 and will be returning May 12 for 2 weeks of intensive training with clinical staff. They will then be back for implementation the week of June 2<sup>nd</sup>. This is all part of a SAMHSA grant on the reduction of seclusion and restraint.

## Lunch Reward Works

Lunch with the Superintendent and Administrator on Call (AOC) has helped improve the children's school attendance.

In order to reduce the number of times children return to the dorm for disruptive behavior in the Center's two public school classrooms, a lunch incentive was offered. If a child attends school all week without return to the dorm, he or she earns the lunch. The favorite fare is pizza with a special dessert. The meals are paid for by donated funds.

At the beginning of the program, about 25% of the children earned the lunch. Currently about 50% of the children attend the lunch each week. As an added incentive, any child able to stay in school the entire grading period earns an off grounds lunch at a local restaurant.

## SAMHSA GRANT ACTIVITIES

The Project Manager, Tom Andis, is on the job and Boys Town's initial assessment and training on the psychoeducational model was held March 17-19 with the in-house Performance Improvement Team (PIT). The three-year SAMHSA grant to facilitate the reduction of seclusion and restraint is giving leadership staff the opportunity to attend national gatherings in Washington, DC and Baltimore, Maryland to learn more about the process and expectations. Following leadership staff's training, several staff members attended "train the trainers" training for Cultural Competence. This will be part of new hire orientation, as well as annual training for all staff. The training was provided by Marilyn M. Caruthers of the Indiana Minority Health Coalition. Judy Cole and Elisha Snyder from Richmond State Hospital provided training to the Executive Staff on Roadmap to Recovery and will return in April to train the rest of the staff. Mr. Andis is preparing to set the first PIT meeting that will include community representatives sometime in April. Community representatives include Diane Arneson, NAMI; Bob Brown, Samaritan Center; Judy Harper, DCS; Bonnie Rinks, SIMHC; Gail Stewart, EVSC; and Sheryl Walker, Protection and Advocacy.

# Evening Programs Enhanced

In order to provide more active treatment during evenings and weekends, the Psych/Social Service and Rehab Therapy departments have altered their work schedules to include those times. A variety of activities have been added. A few examples are: junior chef cooking, creation stations, life skills focusing on shopping, money, and nutrition; music, movement and instruments, relaxercise; KidRap, and one of the children's favorites—Nerf night. Each month the activities change to assure variety.

## Interns Add a Lot

Studying to be a social worker or behavioral clinician, among other clinical professions, may mean an internship for the semester with EPCC. Pam Dewey, Clinical Director, knows the value of playing a teaching role to area college students.

Music therapy interns are at EPCC several hours each week, and USI Nursing students observe the program in every other week rotations.

Psychology and social work Interns are at EPCC many hours a week and the children get to know them as staff. After completing the orientation program, the students work with their assigned social worker, RT staff member, or art therapist. They attend treatment team meetings, assist with individual and group therapies, and document in the medical records. Occupational therapist interns work with children who have sensory issues and those needing assistance with fine motor skills.

Often interns assist with special projects such as providing one to one time with a child, developing reinforcement programs, and researching aspects of positive psychology that can be incorporated into EPCC's program.



**MISSION**  
**Resolve Needs – Build Strengths**

**Need to contact us?**  
**Call 812-477-6436 (exts. listed below) or email.**

Lottie Cook, Supt (231) ..... lottie.cook@fssa.in.gov  
Stephanie McKeethen, Adm. Sec (230) ..... stephanie.mckeethen@fssa.in.gov  
Sharon Austin, Admissions (226) ..... sharon.austin@fssa.in.gov  
Pam Dewey, Clin. Dir (233) ..... pam.dewey@fssa.in.gov  
Donna McCall, Dir of Nursing (245) ..... donna.mccall@fssa.in.gov  
Andria Petry, BC (234) ..... andria.petry@fssa.in.gov  
Eleanor McDonough, SW (235) ..... mary.mcdonough@fssa.in.gov  
Nichole Graham, SW (239) ..... nichole.graham@fssa.in.gov

## Wish List

Donations are always welcome, so if you are part of or know of a group that is looking for a service project, please share this wish list.

- Arts and crafts projects (or items to make projects)
- Individual CD players
- Games
- Toys that build (K-Nex, Legos, etc)
- Money to fund
  - off grounds activities and special events – *an opportunity for the children to improve social skills and participate in community activities*
  - birthday gifts
  - special needs (i.e., Easter baskets, etc.)

## We're Ready for Your Referrals

Refer through the assigned liaison from your MHC.  
Referral information needed in the referral packet includes:

Psychology Eval with IQ  
2-page State Hospital Referral Form  
CANS  
Psychiatric Evaluation

**Contact Sharon Austin at 812-477-6436, X226**

## EPCC NEWS

**Evansville Psychiatric Children's Center**  
**3300 E. Morgan Avenue**  
**Evansville, IN 47715**  
**812-477-6436**  
**www.epcckids.com**

Published periodically  
for employees and  
friends of EPCC.



Evansville Psychiatric Children's Center  
Division of Mental Health & Addiction  
Indiana Family & Social Services Administration